Workshop Unit 1 Cueing Script: Mat Supine Cluster 1

How to use this script:

- *Print or download this script onto your device*
- *Practice reading this script aloud to yourself at least once before attending a workshop*
- *Take this script to a Teaching Skills Workshop*
- *Read this script, word for word to teach your peers*
- *Take your time reading this script*
- *Wherever the script says [LOOK AT YOUR GROUP] - do not read this aloud but simply look at the screen to ensure that your peers are doing what you've asked*
- *If you notice someone isn't doing what you've asked, try another way of saying it or show them with your hands or body*
- *Only read from the right hand column. Only read the bullet pointed text. Don't read anything in [brackets]*
- *****You may notice some small differences between the video or the written lesson plan. Simply read this script as written.*****

KEY

Highlighted text corresponds to the BE Cueing Framework. For example:

[LOOK AT YOUR GROUP] Keep going. = Spot the difference/observe

Can you reach the straight leg even further each time? = Refine

	[Exercise 1: Chest Lift + Single Leg Extensions]
Get them Moving **1. Start Position**	• Hi everyone, I'm [your name]. Let's start with the One Leg Stretch • Lie down on your back • Knees to chest. Arms overhead. Fingernails on the floor behind you • [*LOOK AT YOUR GROUP*] Well done
2. Basic Movement	***[Layer 1: Chest Lifts]*** • Sweep your hands toward your toes and curl your head up • Return your head and arms. Let's do that again • Curl up, reach to your toes, lie down, arms overhead
Observe **Spot the difference**	• *[LOOK AT YOUR GROUP]* Well done, keep going
Refine ***3.* Ask for More**	• Could you draw your knees in any tighter as you keep going?
	[WATCH THE GROUP DO 5 MORE REPS]
Challenge **4. Add Next Layer**	***[Layer 2: Single Leg Extension]*** • If you'd like to work harder, come with me • Next time you curl up, extend one leg toward the wall • Bring it back in and lie down. Repeat, switching legs • Curl up, extend, bring it in, lie down • *[LOOK AT YOUR GROUP]* Good job, keep going • Can you reach the straight leg even further each time?

	[WATCH THE GROUP DO 5 MORE REPS] **Layer 3: Stay up, switch the legs** • If you'd like to work harder, can you curl up, stay up and continue switching legs? • *[LOOK AT YOUR GROUP]* That's it, keep going • Can you press your lower back into the mat harder? **Layer 4: Hold to finish** • Let's go for a final challenge, keep one leg long and hold for 5, 4, 3, 2, 1 • Now let's switch legs and hold for another 5, 4, 3, 2, 1. Good job! • Relax down and get ready for bridges

	[Exercise 2: Bridges 1.0]
Get them Moving **1. Start Position**	• Bend your knees, feet on the mat. Arms by your sides • *[LOOK AT YOUR GROUP]* Great
2. Basic Movement	***[Layer 1: Bridges]*** • Roll your hips up. Roll your hips down • Keep going *[WATCH THE GROUP DO 5 REPS]*
Observe **Spot the difference**	• *[LOOK AT YOUR GROUP]* That's it

Refine **3. Ask for More**	• Can you get those hips any higher? • Could you push through your hands more to get that extra height?
	[WATCH THE GROUP DO 5 MORE REPS]
Challenge **4.Add Next Layer**	***[Layer 2: Hold at the Top]*** • Keep rolling or if you would like to work harder, can you hold at the top • Lift your hips as high as you can, and hold for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 • Roll down. Nice work everyone!

	[Exercise 3: Chest Lift, Single Leg and Double Leg Extensions]
Get them Moving **1. Start Position**	• Let's get back into some front body work • Grab your knees, pull them into your chest and curl your head up • *[LOOK AT YOUR GROUP]* Awesome
2. Basic Movement	***[Layer 1: One Leg Stretch]*** • Stretch one leg to the wall in front of you and hug the other leg in tighter • Switch legs

Observe **Spot the difference**	• *[LOOK AT YOUR GROUP]* Well done, keep going
Refine **3. Ask for More**	• How low can you get the extended leg? • Could you curl higher to kiss your bent knees *[WATCH THE GROUP DO 5 MORE REPS]*
Challenge **4. Add Next Layer**	***[Layer 2: Double Leg Stretch]*** • Option to stay with the single leg, or extend both legs • Pull both knees in, reach both legs out • *[LOOK AT YOUR GROUP]* Good job, keep going • Pull the knees in tight, like a ball • The lower you take the legs, the harder you will work Choose your poison today [*WATCH THE GROUP DO 5 REPS*] ***[Layer 3: Add Arms]*** • For another challenge, as you extend the legs long can you reach your arms long behind you? As you tuck the knees in, bring your hands back by your thighs • [*LOOK AT YOUR GROUP*] Good job, keep going • Can you press your lower back into the mat harder, as you extend the legs? [*WATCH THE GROUP DO 5 REPS*] ***[Layer 4: Hold]*** • If you would like to work harder, let's go for a hold • Extend both legs long and hold or, cycle through single leg extensions for 10, 9, 8, 7, 6 Final 5, 4, 3, 2, 1. Well done!

	• Relax down, get ready for bridges

	• ***[Exercise 4: Bridges 2.0]***
Get them Moving **1. Start Position**	• Bend your knees, feet on the mat. Arms by your sides • This time can you bring your legs together, like you have glued together the seams of your pants • *[LOOK AT YOUR GROUP]* Great
2. Basic Movement	***[Layer 1: Bridges]*** • Roll your hips up. Roll your hips back down • Keep going
Observe **Spot the difference**	• *[WATCH THE GROUP DO 5 REPS]* That's it
Challenge **4. Add Next Layer**	***[Layer 2: Hovers]*** • If you would like more challenge, roll halfway down next time and press back up • Keep going, halfway down, then all the way up • Trying to get higher each time • *[LOOK AT YOUR GROUP]* Awesome work *[WATCH THE GROUP DO 5 REPS]* ***[Layer 3: Hold at the Top]***

- If you would like to work harder, can you hold at the top
- Lift your hips as high as you can, and hold for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
- Roll down. Nice work everyone!

[Layer 4: Full Bridges with Arms to Sky]

- We are going to repeat that whole cycle but this time, can you lift your arms to the ceiling?
- Continue with hips up, hips all the way down
- *[LOOK AT YOUR GROUP]* Awesome effort everyone
- How much of a back bend can you make at the top of these bridges?

[WATCH THE GROUP DO 5 REPS]

[Layer 5: Hovers with Arms to Sky]

- Stay with full distance up and down if you like, or let's roll all the way up, half way down again
- *[LOOK AT YOUR GROUP]* Great shapes everyone
- Can you squeeze your pants together more?

[WATCH THE GROUP DO 5 REPS]

[Layer 6: Hold]

- If you would like the final challenge, press up and hold for 10, 9, 8, 7…
- Push up even higher! You've got this for 4, 3, 2, 1
- Roll Down. Well done!

	[Exercise 5: Scissors + Double Leg Lowers]
Get them Moving **1. Start Position**	• Let's get into the single straight leg stretch now • Can you stretch one leg toward the ceiling and grab as high towards your ankle as possible? • Hover your other leg long, just off the mat • *[LOOK AT YOUR GROUP]* Nice work
2. Basic Movement	***[Layer 1: Single Straight Leg Stretch]*** • Try and kiss your knee then switch legs • Kiss the knee and switch
Observe **Spot the difference**	• *[LOOK AT YOUR GROUP]* Well done, keep going
Refine **3. Ask for More**	• Continue switching at a pace that suits you today • How much higher do you think you could grab? *[WATCH THE GROUP DO 5 REPS]*
Challenge **4. Add Next Layer**	***[Layer 2: Add Pulses]*** • If you would like to work harder, the next time you grab the leg, add 2 pulses • Pull your leg to your face twice, and switch legs • Pulse, pulse, switch • *[LOOK AT YOUR GROUP]* Well done, keep going Can you keep your lower back pressed firmly into the mat? *[WATCH THE GROUP DO 5 REPS]*

[Layer 3: Pull Pull Switch with Arms by Sides]

- If you are keen for a challenge today, come with me
- Hover your arms by your sides and keep going!
- Keep reaching your fingers toward the wall in front.

[WATCH THE GROUP DO 5 REPS]

[Layer 4: Double Straight Leg Stretch]

- If you are still looking for more, let's lift both legs to the sky and lower both legs down
- Keep going, lifting and lowering both legs
- You decide how big to make this today, the lower the legs go, the harder it will be to keep that lower back pressed into the mat
- *[LOOK AT YOUR GROUP]* Great job, You can do this team!
- We are almost at the end…

[WATCH THE GROUP DO 5 REPS]

[Layer 5: Hold]

- Let's finish with a hold, you choose how low to take those legs we are going to hold for 10 seconds
- Let's go 10, 9, 8, 7, 6, can you go any lower for the final 4, 3, 2, 1
- Well done! Relax down

	[Exercise 6: Bridges 3.0]
Get them Moving **1. Start Position**	• Back into bridges. Bend your knees, feet on the mat. Arms by your sides • Glue the legs together again • *[LOOK AT YOUR GROUP]* Great
2. Basic Movement	***[Layer 1: Bridges]*** • Roll your hips up. Roll your hips back down • Keep going
Observe **Spot the difference**	• *[LOOK AT YOUR GROUP]* Well done, keep going
Challenge **4. Add Next Layer**	***[Layer 2: Hovers]*** • Same as before, feel free to now roll halfway down. Press back up • Keep going, halfway down, then all the way up • *[LOOK AT YOUR GROUP]* Good job, keep going *[WATCH THE GROUP DO 5 REPS]* ***[Layer 3: Arms to Sky]*** • If you would like to work harder, lift your arms off the mat • Reach your fingers to the ceiling and continue with hips up, hips down • *[LOOK AT YOUR GROUP]* Awesome effort everyone • Can you get even higher than you did last time around? [*WATCH THE GROUP DO 5 REPS*]

[Layer 4: Single Leg Floats]

- To really challenge yourself now can you lift to the top, point your right toes to the ceiling, put the foot back down, and roll back down
- Repeat this on the other leg
- Hips up, one leg up, foot back down, hips down
- *[LOOK AT YOUR GROUP]* Amazing
- Step your feet closer together to help with your balance

[WATCH THE GROUP DO 5 REPS]

[Layer 4: Hold]

- To finish, you guessed it, we are going to hold!
- You can hold with both feet on the mat for 10 seconds OR
- Lift one leg to the ceiling for 5, 4, 3, 2,
- Now switch legs for another 5, 4, 3, 2, 1!
- Roll Down. Well done!

	Exercise 7: Bicycle
Get them Moving **1. Start Position**	• We are on our final exercise for today! • Bring your knees to your chest • Clasp your hands behind your head, and curl up to look at your knees • *[LOOK AT YOUR GROUP]* That's it

2. Basic Movement	***[Layer 1: Criss Cross]*** • Let's add a twist. Bring elbow to knee and switch
Observe **Spot the difference**	• *[LOOK AT YOUR GROUP]* Keep going
Refine **3. Ask for More**	• How wide can you keep your elbows as you rotate? • How far can you rotate? • Could you twist so far that your elbow goes past your knee?
	[WATCH THE GROUP DO 5 MORE REPS]
Challenge **4. Add Next Layer**	***[Layer 2: Change the Tempo]*** • Dig deep for our final challenges… Can you go fast for 10, 9, 8, 7, 6, 5, 4, 3, 2… • Now slow it down for your final 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 ***[Layer 3: Straight Leg Criss Cross]*** • Come with me if you can, let's straighten both your legs and keep switching • We've only got 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 • Well done! Incredible effort today everyone!